

“Airpower may be considered as an indivisible trinity of air force, air commerce and air industry.”
– Maj. Gen. James F. Whisenand

News in Brief

Medical manning

Due to critically low flight surgeon manning, all family members who are normally seen in the Flight Medicine Clinic will be seen in the Family Practice Clinic beginning Aug. 4 until mid-October.

Active-duty patients will continue to be seen in flight medicine but should be aware of possible delays.

To schedule an appointment, family members should call central appointments at 298-3578.

For more information, call Capt. Dawn Szarke at 298-3645 or 1st Lt. Naomi Vestel at 298-6421.

Graduation

Members of Specialized undergraduate Pilot Training Class 03-12 will graduate at 10 a.m. today in Anderson Hall auditorium.

Family members are encouraged to participate in the activities and tours.

Mission status

(As of July 18)

Days ahead or behind with mission capable rate

T-37	0.57	89.7%
T-1	-0.50	82.2%
T-38	-2.24	78.7%
T-6	-2.31	87.9%



Photo by 1st Lt. Lindsay Logsdon

Tiffine Evans, wife of Maj. Scott Evans, 96th Flying Training Squadron instructor pilot, and their dog, Jumoke, practice the “sit” command during dog obedience class at the Fiesta Community Center.

Saddam’s sons killed

By Linda D. Kozaryn

American Forces Press Service

WASHINGTON – Saddam Hussein’s sons Qusay and Uday were killed Tuesday in a “fierce gun battle,” U.S. Army Lt. Gen. Ricardo Sanchez, announced at a news briefing in Baghdad.

The commander of U.S. forces in Iraq said that based on a “walk-in tip,” elements of the 101st Airborne Division, Special Forces and Air Force raided a residence in Mosul, Iraq.

“An Iraqi source informed the 101st Airborne Division today that several suspects, including Qusay and Uday – Numbers 2 and 3 on the U.S. Central Command’s most wanted list – were hiding in a residence at the northern edge of the city,” he said.

When the division’s 2nd Brigade Combat Team approached the house, he said, the soldiers received small arms fire. “The division subsequently employed multiple weapons systems to subdue the suspects who had barricaded themselves inside the house and

See ‘Sons’ page 4

19 captains selected for major promotion

Compiled from staff reports

Nineteen Laughlin captains were notified Thursday they are among 2,215 Air Force people selected for promotion to major.

A major’s board, which convened at the Randolph Air Force Base Air Force Personnel Center March 5 considered 3,036 captains. Laughlin selectees are:

47th Flying Training Wing:

■ Kevin Mullins

47th Mission Support Squadron:

■ Patricia Rodriguez-Rey

84th Flying Training Squadron:

■ James Crever

■ John Liebl

■ Antonio Rodriguez

85th FTS:

■ Christopher Lachance

■ Diane Vitas

■ Jason Vitas

86th FTS:

■ Richard Babcock

■ Michael Cranston (inbound)

■ Scott Dershem

■ Peter Janyska

■ Ronald Sprowls (inbound)

87th FTS:

■ Kent Harbaugh

■ Jason Queen (inbound)

■ Tonnee Tonnesen

47th Operations Group:

■ Dale Hetke

47th Operations Support Squadron:

■ Andrew Holmberg

■ Jason Shroyer

Selection statistics for those within the promotion zone for major: Line – 1,824 selected from 1,973

See ‘Major’ page 4



Commanders' Corner

Lt. Col. Ken Mattison
96th Flying Training Squadron commander

Summer safety isn't just lip service

Remember about a month-and-a-half ago; all the briefings, articles and meetings about the 101 critical days of summer?

If you've been in the Air Force for a few years, you might have been tempted to dismiss it all as just the normal pre-summer hype. It happens every year, so I'll just endure it because it will soon be over and I can get going with my summer fun.

You are correct. It does happen every year and just like previous years, the Air Force loses good airmen, as has Laughlin, during the summer while engaged in a summer pastime activity or getting to one.

You might be inclined to think

Air Force leaders are just mouthing the words, doing their duty, warning us to be careful - now get back to work - we've done our part. Get back to the mission.

Nothing could be further from the truth. But honestly, I would be lying if I said I hadn't ever had those thoughts before. Now that I've been a commander for over two years, I can tell you that leaders develop a deep concern and appreciation for those they lead and serve. Losing an Air Force family member, especially someone from your unit, is a fear any good commander will have.

When you hear your commander and others in your chain of command tell you to be safe, they mean it.

They do not want to lose you.

Yes, you are a valuable resource and the mission will be hurt without you. Yes, no one wants to tell loved ones their husband, wife, son or daughter died. All that is secondary to the concern they have for your welfare.

Since we are halfway through summer, perhaps it is a good time to stop and re-evaluate how we are doing this summer. Have we been taking unnecessary chances? Trying to get home to mom and dad after a long day at work by driving all night? Wouldn't mom and dad rather have you home one day less than have an unexpected and un-

See 'Safety' page 3



Editorial Staff

Col. Dan Woodward
Commander

Capt. Paula Kurtz
Public affairs chief

Tech. Sgt. Anthony Hill
Internal information NCO in charge
Airman 1st Class Timothy J. Stein
Editor

Airman 1st Class Yvonne Clark
Staff writer

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: **timothy.stein@laughlin.af.mil** or **yvonne.clark@laughlin.af.mil**.



Col. Dan Woodward
47th Flying Training Wing commander

Actionline

Call 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If

you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Giant Voice

Comment: I'm calling regarding the Giant Voice system that we have on base. It appears that about a month ago they increased the volume on it and now reveille, retreat and taps are extremely loud and disturbing. If you could reconsider the volume and maybe lower it a little so we could hear it outside the home, not inside.

Answer: The Giant Voice base alerting system was up-

graded on May 28, to both synchronize the eight strategically located poles and to automate some of the daily functions.

The 47th Communications Squadron makes every effort to ensure the alerting system meets the warning system volume requirements while not arbitrarily disturbing base housing residents.

Unfortunately, the volume for a single pole cannot be individually adjusted.

Our communications squadron did lower the entire system volume

slightly when the command post received calls in early June from base residents expressing concern over the volume of the system. In addition, we now play reveille at 7 a.m. rather than 6:30 a.m.

It is important to remember the primary function of the alerting system is to warn the base populace in the event of severe weather, natural disaster or war. Therefore, it is imperative that base personnel be able to clearly hear any notification.



Chief's sight picture:

Technology dramatically enhances core competencies

By Gen. John P. Jumper
Air Force chief of staff

Our Air Force's legacy of employing cutting-edge technology to confront threats to our nation's security has never been more evident than in our recent conflicts.

Airmen, equipped with new capabilities developed and delivered by other airmen, have won unprecedented success in the battlespace. They have demonstrated that dominance in air, space, and cyberspace yields decisive combat results. As we upgrade existing systems and develop future capabilities to enhance our warfighting edge, it is imperative that we retain and invest in the foundation that underpins these great successes – the airmen who conceptualize, acquire, test, deliver, and sustain these new and innovative technologies. By investing in our airmen, we fulfill our first core competency and provide a critical element necessary to enable our other core competencies, including our ability to deliver technology to warfighting.

Our technology, conceived in the minds of innovative airmen to answer warfighting needs, born and nurtured in our laboratories, guided and shaped by concepts of operations, refined in our battlelabs and joint exercises, and forged into revolutionary capabilities by our product and logistics centers, has given us unprecedented ability to achieve that dominance on the battlefield. The effects made possible by this applied technological know-how

are the result of our air and space power vision made real by airmen throughout the Air Force. From the time the Wright brothers first flew one hundred years ago, the contributions of visionary airmen have defined us as a service today, and promise to transform our Air Force in decades to come.

As Secretary of Defense Donald Rumsfeld has made clear, there will be no point at which we can say we have transformed the Air Force. Instead, we are engaged in "building a culture of continual transformation, so that we are always several steps ahead of any potential adversaries."

To reach this promise requires a new way of thinking. We must continue to break down the functional stovepipes and tribal loyalties that stand in the way of translating our vision into decisive operational capability. We must get out of the mode of thinking only in terms of platform rather than in terms of capabilities.

The time will come when we no longer have platforms dedicated to a single role or mission. Platforms must be capable of delivering multiple capabilities.

We must also transform how we do business. We have made tremendous progress in shortening the acquisition timeline and streamlining the bureaucratic processes, as evidenced by our ability to employ new systems like Predators and Global Hawks – to great effect – before they were formally declared "operational."

Through our agile acquisition approach, we can field today's technology today, providing new capabilities as they become available.

The day is coming when prompt global strike will be a reality, when the kill chain will be reliably and consistently compressed to minutes instead of hours or days, and when the sum of all our sensor, command and control, and information capabilities will be a cursor on the target and steel on the enemy. But there is work to be done.

As we experiment with machine-to-machine conversations across the global grid, shortening the timeline from sensor detection to weapons on target, we envision a future where network-centric warfare gives our nation an even greater asymmetric advantage in the war on global terrorism and in future combat operations.

To achieve this goal, we need innovative thinking from all of our people involved in system development, acquisition, and operational employment, translating the capabilities we need into technical solutions, weapon systems, and concepts of operations, tactics and techniques for their employment.

Though we are developing new systems such as the F/A-22, Space-Based Radar, Multi-sensor Command and Control System, and Airborne Laser to counter the threats of today and the future, we have also achieved dramatic results by modifying and

updating our older systems and reconsidering how we employ them. Adding advanced data links to our fighters, anti-jamming capabilities for our GPS-guided weapons, smart weapons and satellite communications to our bombers, and better self-protection systems to our airlifters will vastly improve our ability to generate the effects we want in the battlespace.

Some of these modifications have been implemented with unprecedented speed – such as the installation of Litening II targeting pods and Predator video on our B-52s. Such modifications are a testament to the skill, inventiveness, and determination of the airmen who tackle these challenges, and to what they can do when unshackled from a risk-adverse bureaucracy.

Technology-to-warfighting is a key to our third core competency – integrating operations. We have not yet captured the full magnitude of what we've achieved in integrated operations during Operations Iraqi Freedom and Enduring Freedom with our sister services and allies. At first glance, the results indicate that we're delivering on the promise and vision we set down years ago, and that we can continue to develop the effects-based warfighting capabilities that will bring us victory over terrorism, and real security in the face of emerging threats around the globe.

I'm proud of all who are making that happen for our Air Force and our Nation.

'Safety' from page 2

wanted visit from an official casualty notification team?

Is the thrill of whatever you're doing really worth the risk? I'm not telling you to shut yourself up in your room for the rest of the summer and not have fun. Just make sure you are up to the task of having that fun. Riding on the edge is great,

right up until you fall off. If you aren't 100 percent sure of maintaining control, back off some or don't make the attempt.

Trying to participate with my five sons, along with a couple of high-risk activities that I enjoy, makes filling out the high risk activity paperwork a marathon event. I was a bit put off at first, since I feel

I'm pretty safe and sane about the thrills I attempt to enjoy. But I do think about the things I promised I would do when I fill it all out. I will use all available safety gear, get adequate instruction and, above all else before I do anything, I stop and ask myself if I am physically and mentally up to the challenge.

I don't care if I just did

this 30 minutes ago, I still run through a mental checklist of whether or not I'm ready to go for it again. If there is the least little doubt, I don't do it, period. I don't care if my friends think I'm weak or not. I'd rather think I'm being pretty strong.

This also applies to just about anything I do that could possibly end up disas-

trous. One of the joys of my life is coming home to those I love.

So take a minute and think about how safe you are being this summer. If you've pushed it up too much then throttle back some and get yourself back into a safer regime. Your nation, your leaders and, especially, your loved ones are counting on you.

'Sons' from page 1

continued to resist detention fiercely."

Saddam's sons died when "they resisted detention and the efforts of the coalition forces to go in there and apprehend them," Sanchez said. "They were killed in the ensuing gunfight and the attacks that we conducted on the residence."

Four people were killed during the six-hour operation and their bodies were removed from the building, he said. "We have since confirmed that Uday and Qusay Hussein are among the dead."

Asked how U.S. officials determined the identities of the men, Sanchez replied: "We're certain Uday and Qusay were killed today. We used multiple sources to identify the individuals. The bodies are in a condition where you could identify them."

U.S. officials are still working to identify two others killed in the fight, he added.

The site is currently being

exploited, he said, and military officials continue to investigate the elements that were recovered from the scene.

Four coalition soldiers were also wounded in the operation, said Sanchez who added he is praying for their speedy recovery.

The general said he believes the deaths of Saddam Hussein's sons will have an effect on the guerrilla warfare that's being carried on against coalition forces.

"This will prove to the Iraqi people that at least these two members of the regime will not be coming back into power, which is what we've stated over and over again. And we remain totally committed to the Hussein regime never returning to power and tormenting the Iraqi people."

The coalition is committed to working with the Iraqi people to maintain a safe environment, he concluded, and will continue to improve quality of life for all Iraqis in the country.

the promotion zone:

Line – 51 selected from 542 considered for a 9.4 percent select rate

Chaplain – one selected from 20 considered for an 80 percent select rate

Judge Advocate General – 73 selected from 78 considered for a 93.6 percent select rate

Nurse corps – 81 selected from 114 considered for a 71.1 percent select rate

Medical service corps – 36 selected from 39 considered for 92.3 percent select rate

Biomedical sciences corps – 112 selected from 131 considered for an 85.5 percent select rate

Statistics for those above



Photo by Tech Sgt. Justin D. Pyle

Hovering and waiting ...

LUNGI, Sierra Leone — An HH-60G Pave Hawk helicopter from the 56th Rescue Squadron here flies July 19 during a functional check flight. Airmen of the 56th RS are providing recovery and emergency evacuation capability for the humanitarian assistance survey team in Ligberia.

Newslines

Scholarships

The George Beverley Chapter of the Order of Daedalians is accepting scholarship applications for the upcoming school year.

The qualifications list can be obtained from the Daedalian Web site at www.daedalians.org.

Interested individuals, who meet the qualifications, may contact Maj. James Payne at 298-7466 for more information.

Promotion ceremony

There will be an enlisted promotion ceremony at 4 p.m. July 31 at Club Amistad.

For more information, call 298-5068.

Tobacco cessation

There will be tobacco cessation classes starting Aug. 5 at 11:30 a.m. and 4:30 p.m.

Classes last one hour and are held weekly for four weeks. Interested people must enroll by Aug. 1.

For more information, call 298-6464.

Fall registration

Park University will begin fall registration Monday through Aug. 16.

Park is open to everyone and does not require Texas Academic Skills Program or Scholastic Aptitude Testing.

For more information, visit <http://captain.park.edu/laughlin> or call 298-3061.

DEFY summer camp

Laughlin begins a Drug Education For Youth program Monday.

Several slots are available for children ages 9-12 to participate.

The free two-phase program promotes team building, goal setting and increases self-confidence through a summer leadership camp Monday - Aug. 6 and a year-long mentoring program.

For more information, call 298-6422.



Stay informed ...

Access breaking news is available at United States Air Force Online News, www.af.mil/news/





Graduation



SUPT Class 03-12 graduates



1st Lt. Ashley Burrill
C-21
Scott AFB, Ill.



1st Lt. Benjamin Doyle
KC-135, (ANG)
Eielson AFB, Alaska.



1st Lt. Paul Killeen
F-16C,
Luke AFB, Ariz.



1st Lt. James McCosh
KC-135, (ANG)
Forbes Field, Kan.



1st Lt. Mitchell Randolph
KC-10,
McGuire AFB, N.J.



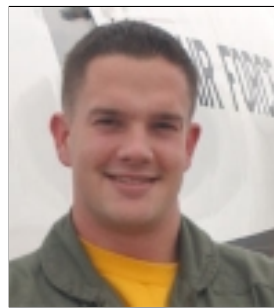
1st Lt. Michael Rasinski
C-17,
Charleston AFB, S.C.



1st Lt. Michael Rossi
KC-135,
Kadena AB, Japan



1st Lt. Paul Siegler
F-15E, Seymour-Johnson
AFB, N.C.



1st Lt. Mark Skalko
KC-135,
Robins AFB, Ga.



2nd Lt. Edward Anderson
C-21, Wright Patterson
AFB, Ohio



2nd Lt. Matthew Booth
F-15C,
Tyndall AFB, Fla.



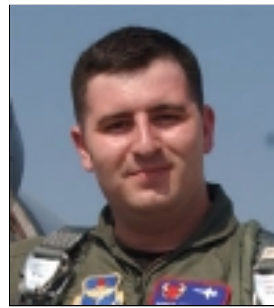
2nd Lt. Kelly Case
KC-135,
Grand Forks AFB, N.D.



2nd Lt. Sean Garell
C-21,
Yokota AB, Japan



2nd Lt. Aaron Gibbs
C-17,
McCord AFB, Wash.



2nd Lt. Chris Guarente
T-6,
Laughlin AFB



2nd Lt. Brian Hoelzel
C-17,
McChord AFB, Wash.



2nd Lt. Weston Hooper
F-16C, (ANG)
Hancock Field, N.Y.



2nd Lt. Matthew Misner
F-15C,
Tyndall AFB, Fla.



2nd Lt. Chad Norheim
T-6,
Laughlin AFB



2nd Lt. Andrew Patrick
T-1
Laughlin AFB



2nd Lt. Jonathan Roberts
KC-135,
McConnell AFB, Kan.



2nd Lt. Austin White
MC-130, (USAFR)
Hurlburt Field, Fla.

PureEdge replaces FormFlow for AF awards

By 2nd Lt. Amber Millerchip
Air Education and Training Command public affairs

RANDOLPH AIR FORCE BASE, Texas – People in Air Education and Training Command who have spent hours working on FormFlow documents only to lose their data should be glad to switch to the new, user-friendly software program required starting Aug. 1 for completing the Air Force Form 1206, Nomination for Award.

PureEdge is the program replacing FormFlow throughout the Air Force, and the move in AETC to mandate its use for award packages was made, in part, to get people in the command familiar with the new software application.

“We were seeing that we had this great thing, but nobody was using it,” said Chief Master Sgt. Wayne Barron, command information management functional manager in the AETC Directorate of Communications and Information. “Air Force Form 1206 was chosen as a strategy to get people to use this software, because it goes completely across every command and organization on base.”

Called IMTs for “information management tools,” the forms in PureEdge are Web-based, so they’re

“much more user-friendly, intuitive and straightforward than FormFlow,” said Phyllis Conrad, AETC publishing manager.

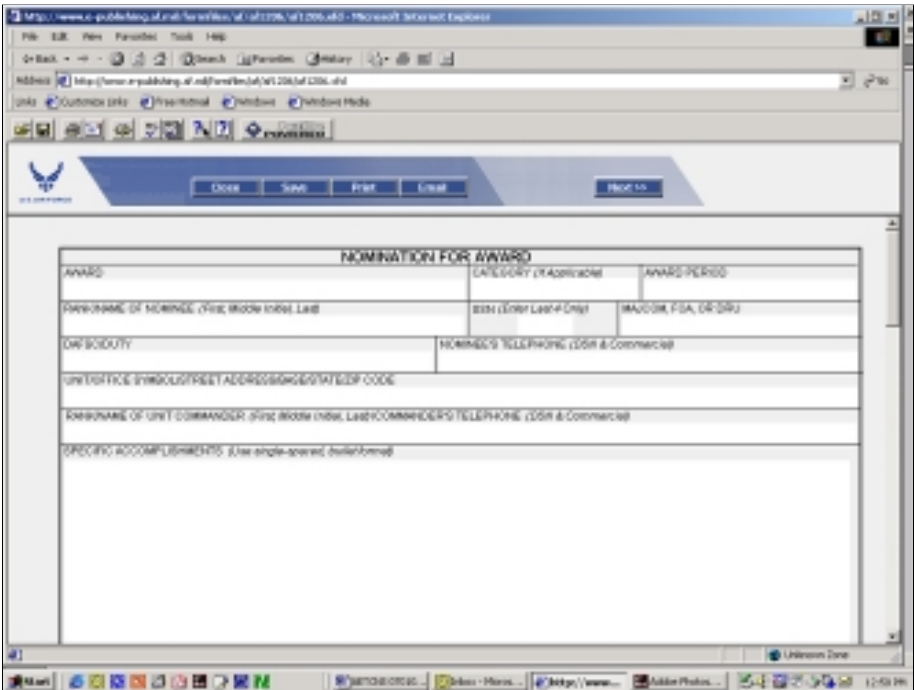
Unlike FormFlow, which saved form information as a separate data file, IMT information is collated into one file, so the form and data open simultaneously in PureEdge. Users simply click on the form, type information and hit save.

The inclusive package also means the user doesn’t need the software at home. Via the Internet, a user can work from home or on the road.

The command chose to begin the AF Form 1206 initiative in August to give users enough time to get familiar with PureEdge before the big thrust of annual awards at the end of the year, said Senior Master Sgt. Jeri Lara, superintendent of the systems support and information management branch of the AETC Directorate of Personnel.

“The product is designed so users can teach themselves how to use it, though computer-based training is available on the Internet at www.aetc.randolph.af.mil/im/,” Chief Barron said. “If you can use Microsoft Word, you can use IMT. It’s that easy.”

IMTs have been Internet accessible for the Air Force’s 100 most-used forms since September, Ms.



The information management tool of the Air Force Form 1206, Nomination for Award, is the required format for submission of award nominations in Air Education and Training Command using the PureEdge software.

Conrad said. Conversion of all Air Force forms started in November and is projected for mid-2004 completion.

FormFlow isn’t disappearing, although technical support stopped in August. Department of Defense forms will remain in FormFlow, so users should still keep that software on their computers.

“In two to three years (PureEdge is) going to be as revolutionary a change to the information world as

FormFlow was when it hit the streets in the mid-’80s,” said Chief Barron. “We are just beginning IMTs. The 1206 is just the tip of the iceberg, but we need to get the user using it.”

For help with the transition to PureEdge, people should see their information manager or base-level forms monitor. Air Force Form 1206 is available on the Web at www.e-publishing.af.mil/formfiles/af/af1206/af1206.xfd.

**Need the latest
Laughlin information?
Call Laughlin’s Straight Talk
Information Line at
298-5201.**

New leaders land at Laughlin

Team XL recently welcomed a new commander to the 47th Civil Engineer Squadron and head chaplain to the 47th Flying Training Wing.

Lt. Col. Marc Pincince assumed command of the 47th CES June 27 and Lt. Col. Joseph Lim assumed command of the chapel July 1.

Lt. Col. Pincince

Hometown: None. My father was an Army officer, so I moved every one to three years.

Time in service: 17 years

Education: Bachelor's in industrial design from Auburn University, Ala. Master of Science in

logistics management from Georgia College, Ga. Also attended Squadron Officers School, Air Command and Staff College and Air War College at Maxwell AFB, Ala.

Previous assignments: Vandenberg AFB, Calif.; Loring AFB, Maine; Howard AFB, Panama; Robins AFB, Ga.; Peterson AFB, Colo.; Eskan Village, Saudi Arabia; Pentagon, Washington.

Greatest feat: Convincing my wife to marry me

Leadership philosophy: The best teams are built upon a foundation of professionalism and trust. For me, professionalism is composed of the Air Forces's core

values. People who adhere to these core values are professionals and certainly worthy of trust. No doubt, such people achieve great things.

Personal hero: My father

Hobbies: Attempting to play guitar, tinkering with computers and spending time with family.

Bad habit: Dining out

Lt. Col. Lim

Hometown: New York City.

Time in service: 16 years

Education: Master's in philosophy and theology from San Carlos Seminary, Philippines.

Previous assignments: RAF Lakenheath, England; Sheppard Air Force Base,

Texas; Air Command and Staff College, Maxwell AFB, Ala.; Little Rock AFB, Ark.; RAF Upper Heyford, England; RAF Croughton, England; McConnell AFB, Kan.; Suwon Air Base, Korea; Travis AFB, Calif.

Greatest feat: 28 years of priesthood

Leadership philosophy: Mission first, people always

Personal hero: Gen. Tommy Franks, U.S. Central Command commander-in-chief

Favorite quote:

"The hottest place in hell is reserved for those who remain neutral in times of crisis."

Dante

Hobbies: Travel, sailing

Bad habit: Workaholic



Lt. Col. Pincince



Lt. Col. Lim

Heard
any
good
stories
or
news
lately?

Contact
your public
affairs
office at
298-5393.

Knowing WBGT can help avoid heat disorders

By **Airman 1st Class Timothy J. Stein**
Editor

Southwest Texas gets hot in the summer time. This is no secret to anyone. What many people may not know is the air temperature is not the only thing that can affect their body and cause heat stress disorders. This is why Laughlin measures the wet bulb globe temperature.

WBGT is a measurement of air temperature, humidity and radiant heat. Radiant heat is heat given off from the ground.

“WBGT is a more accurate reading of how hot it really is outside,” said Staff Sgt. Sandra Williams, 47th Bioenvironmental Engineering Flight industrial hygiene program manager. “The WBGT can help supervisors and commanders know when to start implementing work/rest cycles along with hydration to ensure personnel working outdoors will not become a victim of a heat stress related injury or illness.”

The bioenvironmental engineering flight measures WBGT when the projected temperature for the day is greater than 85 F. The measurements are taken at every hour of the work day starting at 10 a.m. The bioenvironmental engineering flight passes the information on to the command post, which relays the information to group commanders.

“There are four flag conditions based upon the WBGT,” said Sergeant Williams. “They range from green being the least risk to black being the highest risk for possible heat stress related injuries or illnesses. Each flag comes with a suggestion for how long a person should work outside without rest and how much water a person should drink, given how strenuous the workload is.”

The flag conditions and the work/rest cycles are from Air Education and Training Command Instruction 48-101, “Prevention of Heat Stress” and are only used as a tool and guideline. Commanders make their own decisions on workload based on mission requirements, said Sergeant Williams. The WBGT is also displayed outside the fitness center so people can see the condition.

“People exercising outside should be aware of the WBGT,” said Sergeant Williams. “It will give them an idea of how hot it really is outside. When the WBGT is high, people exercising should take precautions against heat stress disorders by taking in more fluids and resting longer, however this will be different for each individual depending on whether or not an individual is acclimated to the temperatures in Del Rio.”

People should also be aware of

Heat category (flag color)	Temperature range WBGT (F)	Easy work		Moderate work		Hard work	
		Work/ rest	Water intake Qt/hr	Work/ rest	Water intake Qt/hr	Work/ rest	Water intake Qt/hr
Green	82-84.9	no limit	1/2	50/10 min	3/4	30/30 min	1
Yellow	85-87.9	no limit	3/4	40/20 min	3/4	30/30 min	1
Red	88-89.9	no limit	3/4	30/30 min	3/4	20/40 min	1
Black	90 and above	50/10 min	1	20/40 min	1	20/40 min	1

A chart taken from Air Education and Training Command Instruction 48-101, shows the recommended work/rest cycle and water intake levels for different wet bulb globe temperatures.

the early warning signs of heat stress, said Sergeant Williams. According to AETCI 48-101 early signs include dizziness, headache, dry mouth, unsteady walk, weakness and muscle cramps. If anyone experiences any of those symptoms while outside, they should stop what they are doing and find some shade to rest in. While resting, take small sips of water. If the signs and symptoms do not improve within 30 minutes, get to a medical facility. If the signs worsen, an ambulance should be called to assist the person.

It is possible for people to ignore the early warning signs of heat stress, especially if they are not aware of the symptoms, said Ser-

geant Williams. Later signs of heat stress include: hot body and high temperature; confusion, unresponsiveness or unconsciousness; vomiting; involuntary bowel movement; convulsions; or a weak or rapid pulse. Anyone experiencing these symptoms or observing someone with these symptoms should call an ambulance for immediate transportation to a hospital. The victim should lie down in the shade with their feet elevated and sip water while waiting for the ambulance.

People not receiving the WBGT reading or wanting more information about the WBGT, call the bioenvironmental engineering flight at 298-6859.

New edition of AFTV News now showing on channel 34

SAN ANTONIO – The Air Force supply line for troops fighting the war in Iraq is spotlighted in the latest edition of Air Force Television News. Staff Sgt. Marty Rush accompanies a C-5 Galaxy crew from California to Baghdad to illustrate the continuing role the Air Force is playing in keeping the ground troops supplied.

AFTV plays at 10 a.m. and 6 p.m. Monday through Friday on the Laughlin

commander’s access channel, cable TV channel 34.

Master Sgt. Ron Przysucha, meanwhile, profiles one group of airmen rebuilding an Iraqi school. Staff Sgt. Melissa Allan reports on the honor guard at Dover Air Force Base, Del., where remains from the war are brought.

Staff Sgt. Kevin Dennison’s “Eye on the Air Force” examines the allegations of sexual assault and rape at the Air Force Acad-

emy and what senior leaders are doing to try to solve the problem. Sergeant Dennison talks to the new commandant at the academy, as well as first-year cadets and upper-classmen to get their reactions to the nationally publicized situation.

There are two medical stories in this edition of the program: Staff Sgt. John Anderson gives an update the Defense Department’s inoculation program against smallpox and Staff Sgt. April

Lawrence visits Brooks City-Base, Texas, to report on how the research laboratory there has helped the Centers for Disease Control and Prevention with international efforts to curb the spread of severe acute respiratory syndrome.

Finally, Staff Sgt. Leigh Bellinger visits the flatlands of Texas to show how Dyess Air Force Base is using the power of the wind to provide the base with all its electrical power.

Air Force Television News is a biweekly production of Air Force News Service. It is distributed on videotape to more than 3,000 military and civilian outlets worldwide, and is seen on more than 700 cable TV outlets nationwide. It is also available on the Internet at www.af.mil and can also be seen regularly on The Pentagon Channel. The program is closed captioned.

(Courtesy of
Air Force Print News)

‘Shop talk’ may stir workplace violence

ROBINS AIR FORCE BASE, Ga. – Workplace violence recently made national headlines at the Lockheed Martin plant in Meridian, Miss., where six people died and nine others were injured.

Air Force officials have a zero-tolerance policy on workplace violence, according to JoAnn Hutchison, the base’s workforce effectiveness branch chief. However, the perception of what constitutes workplace violence has been redefined since Sept. 11, 2001.

The term “workforce violence” brings to mind physical attack or assault, Ms. Hutchinson said, but conversation that was once considered “shop talk” may no longer be appropriate.

Supervisors have the responsibility to set the standard by not engaging in or condoning the use of threatening language or acts which may have been considered acceptable “shop talk” in the past, Ms. Hutchison said.

Lt. Col. William Wall, the chief of Air Force Material Command’s quality-of-life division, encouraged people to take that one step further. He said supervisors and co-workers ought to be able to sense when people are reaching their limit and could become violent.

“Supervisors should have the kind of relationship with their subordinates that they can tell when people are getting upset or things are bothering them,” Colonel Wall said. “It’s a little too far down the road when people start verbalizing threats or come in to work with a gun or otherwise

wanting to hurt someone.”

Workplace violence is now defined as any specific acts, words, comments or conditions that would lead a person to reasonably believe a violent act will occur, Ms. Hutchison said.

Incidents involving threatened or actual violence continue to be taken seriously, according to Ms. Hutchison.

Actions or threats of violence will not be tolerated and will be dealt with appropriately, she said. Disciplinary actions taken for violence-related incidents could include removal from employment.

She said the level of discipline warranted depends on a number of factors that include, but are not limited to, the work history of the employees involved, the victim’s perception of the incident and the severity of the employee’s action.

“All of us must take threats of violence seriously,” Ms. Hutchison said. “It’s not appropriate to joke about guns or bombs or vocalize intent to harm another, even in jest. If you engage in this type of behavior, you should expect to be questioned by your supervisor or security forces personnel and potentially disciplined.”

In AFMC, officials are focusing on prevention, according to Colonel Wall.

“Everyone in AFMC has the annual requirement to attend suicide prevention training as well as workplace violence training to allow us to do all we can to nip this in the bud,” he said. “We don’t have a big problem with this in AFMC, but one case is too many.”

AIR FORCE STANDARDS:

Are you meeting the standards? Don’t guess ... Review AFI 36-2903, Dress and Personal Appearance, and AFI 40-502, Weight and Body Fat Management Program, to find out.

Chapel Schedule

Catholic

- Saturday
- 5 p.m., Mass
- Sunday
- 9:30 a.m., Mass
- Thursday
- 6 p.m., Choir; 7:30 p.m., R.C.I.A.
- Reconciliation
- By appointment
- Religious Education
- 11 a.m. Sunday

Jewish, Muslim and other denominations

- Call 298-5111

Nondenominational

- Sunday
- 6 p.m. Officer Christian Fellowship, call 298-2238
- Friday
- 7 p.m., Unity in Community Fellowship

Protestant

- Sunday
- 9:30 to 10:30 a.m., Sundayschool
- 11 a.m., General worship
- Wednesday
- 7 p.m., Choir at chapel

The XLe

Angie Maley

47th Comptroller Flight budget analyst

Hometown: Cleveland, Ohio

Family: Husband and love of my life, Jeff; daughter, Jennifer; and son, Jeffrey

Time at Laughlin: 16 years

Time in service: 20 plus years military and 4 1/2 years as a civilian

Greatest accomplishments: Stripes to Exceptional Performers promotion and raising two fabulous children

Hobbies: Cross stitching and reading

Bad habits: Drinking too much soda

Favorite musician: Billy Joel

If you could spend one hour with any person, who would it be and why? My younger self. If I knew then what I know now!



Photo by Airman 1st Class Timothy J. Stein

Looking for the current time
and temperature?
call 775-0212

Suicide prevention begins with knowledge

By G.W. Pomeroy
*Air Force Surgeon General
Public Affairs*

WASHINGTON – Suicide prevention begins with leaders at every level being knowledgeable about resources available to help those in distress. This is the message Air Force Chief of Staff Gen. John P. Jumper wrote to commanders Monday.

In the communiqué, titled ‘Seeking Help and Suicide Prevention,’ General Jumper urged commanders to encourage airmen to seek help “earlier rather than later.”

“The Air Force has established a network of community and medical resources,” General Jumper wrote. “These resources range from prevention services such as marital-enrichment seminars to individualized counseling.”

The Air Force uses an integrated system of chaplains and professionals from mental health, family support, child and youth services, health and wellness centers and family advocacy. All of them work together and take responsibility for prevention.

“Unfortunately, many distressed airmen never seek these services,” General

Jumper wrote.

Of the 29 suicides among active-duty members during 2002, “only 24 percent sought help from life skills support centers in the month prior to their death,” General Jumper wrote.

General Jumper also addressed a common misconception among airmen: that getting help will damage their careers.

According to General Jumper, airmen often confuse medical-record entries with personnel-information-file entries.

“Please emphasize that PIF documents misbehavior, not medical or mental health visits,” General Jumper wrote. “It is highly unlikely a voluntary mental health visit will have a negative career impact, but may in fact save one’s career.”

Statistics overwhelmingly support this fact: 97 percent of airmen who self-refer for mentalhealth treatment receive no negative career recommendations.

“We should encourage our people to seek help early, rather than waiting until difficulties become so severe that they impact job performance or result in administrative action,” General Jumper wrote.

Suicide rates in the Air Force have declined through-

out the last six years. From 1991 to 1996, the active-duty suicide rate was 14.1 per 100,000. From 1997 – the year in which the suicide prevention program was fully implemented – through 2002, the annual average was 9.1 per 100,000. The service’s suicide rate in 2002 was 8.3 per 100,000 people – its second lowest in 20 years.

As of Monday, there have been 19 suicides among active-duty airmen this year – a rate of 9.3 per 100,000. No suicides involved active-duty airmen deployed in Operation Iraqi Freedom.

Despite these positive trends, General Jumper emphasized that too many airmen still choose to take their own lives. “These individuals often struggle with relationship problems, financial or legal difficulties, and/or substance abuse. Although these stressors may seem overwhelming, there are alternative ways to cope.”

The Air Force community approach to suicide prevention and education has received national recognition, including praise in May 2001 from then-U.S. surgeon general. Dr. David Satcher. He said the program was a model for the nation and incorporated it into the national suicide prevention strategy.

Tune in to the
Commander’s Access Channel,
base channel 34, to see current
Laughlin activities.

Looking for few good women

By Senior Airman
Amanda Currier

37th Training Wing public
affairs

Staff Sgt. Lynn Barron went to Air Force basic military training in 1995 carrying one bag and one mental image of a basic military training instructor: a big, loud, gruff man with a “Smokey the Bear” hat.

When Sergeant Barron first encountered her MTI, the person she met was not quite who she was expecting. He turned out to be a she.

“My image of a TI was very similar to what most people envision, just like in the movies, an enormous, loud, machine-like man with a bad temper and a big hat, someone to be scared of,” said Sergeant Barron, now a military training instructor herself. “When I saw that my TI was a female, I thought, ‘Wow, what a strong woman.’ She quickly taught me to have pride in my country and myself. She is definitely one of the reasons that I was inspired to pursue MTI duty.”

Today, more and more women are crossing into the blue, and as the number of female airmen grows, so does the Air Force’s need for women MTIs.

Military training instructors teach basic trainees how to become airmen, and the Air Force would like basic trainees to have more female instructors to look up to.

“It is important for trainees to have female role models around,” said Staff. Sgt. Lila Gaitan, MTI and single mom. “Once I saw my TI, I felt that I could do anything. Just seeing her, a female in an MTI position, made me have so much respect for her. I wanted to emulate her. She

was strong, someone I could look up to.”

Today, 25 percent of Air Force basic trainees are female, yet women make up only 13 percent of the MTI corps.

“We’re working to increase our percentage of female MTIs from 13 to 19 percent by October,” said Col. Sharon Dunbar, commander of Air Force basic military training. “We’d like top performers to return to their roots to help cultivate the future combat capability of our Air Force.”

All enlisted Air Force members attend basic training at Lackland. Consequently, basic military training instructors also get their training here.

Once airmen are selected as MTI candidates, they travel to the MTI School at Lackland to attend a 14-week training course.

During the first seven weeks of training, MTI candidates learn techniques for teaching trainees how to live BMT style. They learn how to do everything that they will expect their trainees to do - make a bed the military way, polish combat boots, execute drill movements ... everything.

“We also have to be able to complete the tasks as quickly as we expect our trainees to, if not faster,” Sergeant Barron said.

In the second half of TI training, students are assigned to a basic training squadron where they work alongside a seasoned MTI and guide a basic military training flight of 40-60 trainees through six 1/2 weeks of training.

Student MTIs graduate from a camouflage cap to a campaign hat the same day their BMT flight graduates

from basic training.

Every Friday morning at Lackland, airmen who have completed basic training, bring their training to a close by marching in a BMT graduation parade.

MTI School students receive their campaign hats the morning their flights graduate from BMT just before the parade ceremony begins. Then the students take their final steps toward becoming TIs by marching their flights through the parade.

“Every time you march your troops through parade, the hairs on your back stand up, and the pride inside of you is unbelievable,” Sergeant Gaitan said. “Seeing how far they have come in six short weeks, and knowing that I had something to do with it, is one of the greatest feelings.”

MTIs train as many as 500 basic trainees annually and supervise up to 60 airmen at a time.

“Being an MTI is a demanding job that sometimes means working long hours, but is a duty that is well worth its rewards,” said Chief Master Sgt. Billy Blackburn, MTI and superintendent of Air Force basic military training.

MTIs serve a three-year controlled tour at Lackland. They also receive \$350 per month of special-duty pay, \$375 come October, and an annual supplemental clothing allowance.

“The true benefit of the job is the job,” said Sergeant Gaitan. “I can honestly say that I can’t think of any Air Force job that’s better than this one.”

For more information on how to become an MTI, visit www.lackland.af.mil/737web/main.cfm.

Budget office stays busy spending money

By 1st Lt.
Lindsay Logsdon
Public affairs

How long would it take to spend \$170 million? A nine-person team in Laughlin's financial management analysis office, also known as the budget office, can do it in one year.

Acting as the resource adviser to the wing commander, the nine-person team, along with group-level resource advisers and unit-level cost center managers, make the execution of Laughlin's budget possible.

Budget oversees all major accounts on base, such as operations and maintenance, which has a budget of \$160 million. Each group and other large squadrons such as 47th Civil Engineering Squadron have individual accounts. "When the groups spend the money, we're monitoring that execution and reporting on it to the wing commander and to Air Education and Training Command in different formats," said Jim Capozziello, 47th Comptroller Flight deputy budget officer.

Everything that happens on Laughlin has a price tag attached, Mr. Capozziello explained.

To understand what Laughlin's price tag involves, building the budget begins with the unit-level cost center managers. "They're pumping gas into aircraft and they are typing up the reports. These are the guys who know what their office needs," said Mr. Capozziello.

The cost center managers come up with a dollar amount to cover expenses for everything from paper to aviation fuel, said Mr. Capozziello.

This amount is then forwarded to the group resource adviser who compiles all of the group's requirements. Once this list is approved by the group commander and group resource advisor it is forwarded to the budget office. Budget compiles all requirements from the groups into one annual plan, Mr. Capozziello said. Along with a sizeable budget comes a sizable number of rules defining how the money can be spent. "There are a lot of things that people would like to buy ... appliances, toasters and coffee makers for their offices. We

can't just go out and buy it unless it is authorized by a competent authority," said Mr. Capozziello. Laughlin's competent authority starts with Congress and flows down through the Department of Defense and, eventually, from AETC. "We're not here to say no. We're just here to keep [individuals] out of trouble," said 1st Lt. Chris Velez, 47th Comptroller Flight budget officer.



AF must be brought to a zero balance. "We estimate at the beginning of the year in our financial plans that we're going to need 'X' amount of dollars for a certain project before the year is over. As the year rolls on and requirements change we may not have used all that money. We can't tell for certain until the August or September timeframe," said Mr. Capozziello.

Any money that is not

used at the unit level by Sept. 1 is retrieved from the units and combined into one wing account. The same process takes place at all levels of the Air Force and the Department of Defense. The "fallout" process begins at headquarters Air Force. Any part of the programmed budget that is leftover is distributed among the major commands. For this reason wings across the Air Force create and prioritize a wing unfunded spend plan. Mr. Capozziello explained, "These [items] are usually things that are more mission-related and that will affect the entire wing."

Laughlin's unfunded spend plan was approved by the financial management board Wednesday. The plan gives guidance about what is to be purchased next should the wing receive additional money from headquarters. "As more funds become available, the wing commander will decide which items on the list to purchase," said Mr. Capozziello.

While the fallout purchases can begin as early as August, most of the additional funds will not flow down from AETC until the last few weeks of September. In the final few days of

September, the frenzy increases as units rush to complete contracts and obligate money. Not only will the budget office be involved in this frenzy but also the resource advisers, the 47th Contracting Squadron, the 47th Supply Squadron, the 47th Civil Engineering Squadron and cost center managers to name a few.

"The real joy of close-out is the teamwork that is involved there. We're able to get tons of things for all the folks out there with end of year fallout. I get a kick out of it because we're doing good things for an awful lot of people," Mr. Capozziello said.

"We facilitated end of year purchases of almost \$8 million for the base last fiscal year," said Lieutenant Velez. Some of the 2002 end-of-year buys included privacy fences for family housing, fitness center equipment, youth center furniture and address lights for family housing, he said.

"We want everyone to spend what they need to. Our goal is to allow the folks to do whatever it takes to get the job done within the constraints of law. We'll try to find the best way to get things done," said Mr. Capozziello.

Laughlin is currently in Force Protection Condition BRAVO:

FPCON Bravo: This condition applies when an increased and more predictable threat of terrorist activity exists.

In addition to the measures required by FPCON ALPHA, the following measures should be implemented:

- Increase the frequency of warnings as previously required under CONDITION ALPHA, and inform personnel of additional threat information as appropriate;
- Inform military personnel, civilian employees and family members of the general threat situation to stop rumors and prevent unnecessary alarm;
- Move automobiles and objects such as trash containers and crates a safe distance from potential targets;
- Verify the identity of all personnel entering the installation by inspecting ID cards or grant access based on visual recognition;
- Increase the frequency of random identity checks (inspection of ID cards, security badges and vehicle registration documents).

Scientists discover weight loss breakthrough

By Bill Goins
*47th Flying Training Wing
exercise physiologist*

“I am overweight and really need to lose some pounds, but it just seems like such a slow, agonizing process. I know if I don’t make some changes now it will begin affecting my health and maybe my career. I have started and stopped so many times in the past and never see much success. Tell me what to do.”

This is something I hear constantly. Well there is good news. Scientists have discovered a breakthrough in weight loss that is sure to drive the entire health and fitness revolution for years to come. Scientists are referring to this breakthrough as motivation and discipline.

I know you are incredibly disappointed. You were expecting a

pill that you could buy, right? Well, the good news is that scientists estimate that motivation and discipline will be bottled and on store shelves in about – never. You already have access to it and it is free.

First of all, your motivation and discipline is just that – it is yours. It is not your boss’ fault, your family’s fault, your genetics or anything else that is causing your lack of motivation or discipline. Physical activity and good dietary practices are not a prescription to eliminate problems you may have with your weight. They are lifelong choices you have to make.

The next step is to get moving. Research shows that the biggest danger involved in weight management is inactivity itself.

Your body is designed to be active, and the body’s systems re-

quire activity to function properly. Only when all systems are “go” can good nutritional practices be effective in managing weight.

Becoming active may simply mean to make moving a part of your normal routine. Make walking, stretching, climbing, biking, lifting, swimming, exercising and playing a part of your daily life. Plan to have some active movement. Make it fun and make it just as important as work, family, and chores. Activity time, whether by yourself or in a group, is really time for you. It is time to give yourself health and reach your goals of successful weight management.

Now it is time to take the third step: healthy eating. This may take a bit of effort. Remember, this is a lifelong endeavor. Look for more simple, whole foods instead of processed food. Do not try

to make a complete overhaul tomorrow. Start with one or two changes and give your body a week or two to adjust to the changes. Then go to the next change or two and make them part of your new lifestyle. The long road to your healthy changes is not really that bad.

Do everything right and the weight will stay away because you will have developed the lifestyle changes to keep the weight off. Make the changes in weight because you want to. Don’t do it for anyone else. The underlying motivation must come from your desire to look and feel healthy and enjoy your life.

Take on the challenge because quality of life is important to you. Good luck and, if you figure out how to bottle this stuff, let me know.

XL Fitness
Center hours

Monday - Thursday:
5 a.m. to midnight

Friday:
5 a.m. to 8 p.m.

Saturday - Sunday:
9 a.m. to 8. p.m.

Holidays:
10 a.m. to 6 p.m.

Sportslines

Golf tournament

The Amistad Family Violence and Rape Crisis Center is hosting its second annual golf tournament at 7 a.m. Saturday at the San Felipe Country Club. The cost is \$49 with an optional \$10 cart fee. The fee includes breakfast and lunch. Prizes include trophies for first through fourth place and worst golfer, gift certificates and a new car for a hole in one.

For more information, call Capt. William Moore at 298-6422.



Don’t forget
to wipe down
fitness center
equipment
after you ues
it.

Community Calendar

25
FRI

Pool parties are available Friday and Saturday evenings through August at the Friendship Pool. Base people must schedule the party two weeks in advance. For more information, call 298-4194.

The Family Support Center is having a **Kids and Money Class** from 11 a.m.-noon today at the Family Support Center conference room. For more information or to R.S.V.P., call 298-5620.

Cosmic Bowling is available Fridays and Saturdays from 5-10 p.m. Cost is \$10 per lane, per hour (10-person maximum) or \$1.75 per game. For more information, call 298-5526.

Outdoor recreation has an array of **lawn equipment** available for 15 percent off throughout July. A dunk tank and giant clown castle bounce for parties or special events are also available for rental. For more information, call 298-5830.

The auto skills center is offering an **air conditioning special** through the end of August. The \$35 service includes: evacuating and recharging the system, compressor check, leak check, proper air flow check, belt condition inspection and hose tightening. The cost also includes one pound of R134 freon. For more information, call 298-5844.

The **Friendship Pool** is offering family passes for \$40, which are good for the entire family until October. Rates are also available for singles and couples. For more information, call 298-5830.

26
SAT

Paintball is available for recreational play 9 a.m. Saturdays at the Splat Zone. At least 10 participants are required to reserve the paintball field. For more information, call 298-5830.

A guided hiking tour of the **Gal-loway White Shaman Preserve** will be held 12:30-2:30 p.m. every Saturday. Cost is \$10 per person. Reservations are available but not required. For more information, call (888) 525-9907.

27
SUN

Sunday brunch will be held 10:30 a.m.-1:30 p.m. Sunday at Club XL. Cost is \$7.95 with a Members First Discount. For more information, call 298-5374.

28
MON

The Family Support Center has a **parent/child playgroup** at 10 a.m. to noon every Monday at the Fiesta Center. For more information, call 298-5620.

Cactus Lanes is offering **Quickshot Bingo** during normal operating hours Monday - Saturday. Cost is \$1 per card. All base identification card holders are eligible. For more information, call 298-5526.

Cactus Lanes is having a **youth special** 1-5 p.m. Mondays-Fridays. Children ages 13 and under bowl for \$1 per game and receive free shoe rental. For more information, call 298-5526.

The Del Rio Council for the Arts offers a variety of local art exhibitions, guided tours and art classes at the Firehouse, 120 E. Garfield. Hours are 9 a.m.-5:30 p.m. Monday-Friday and 10 a.m.-2 p.m. Saturday. For more information, call 775-0888.

A **massage therapist** is available 11 a.m.-4 p.m. Monday-Friday at the Fiesta Community Center. For more information, call 734-5435.

Bingo will be held 6 p.m. Mondays and Wednesdays at Club Amistad. For more information, call 298-5374.

Social hour will be held 7-9 p.m. Monday-Friday at Club Amistad. For more information, call 298-5374.

A **read to bowl, golf and swim program** is under way for children up to 18 years old through Aug. 31 at the Book Mark Library. Children

are encouraged to read an age-appropriate book and complete a book report to receive a free game of bowling, golf or a one-day pass to the Friendship Pool. Registration forms are available at the library. For more information, call 298-5119.

29
TUES

Free **blood pressure screenings** will be held 9 a.m.-3 p.m. Tuesdays and Wednesdays at the Val Verde Regional Medical Center main entrance. Everyone is welcome. For more information, call 778-3650.

Whitehead Memorial Museum is open 9 a.m.-4:30 p.m. Tuesday-Saturday and 1-5 p.m. Sunday. Enjoy 20 exhibits in an open-air museum. Cost is \$4 for adults and \$3 for children. For more information or directions, call 774-7568.

30
WED

Aqua aerobics classes are available 11:30 a.m.-12:30 p.m. Wednesdays and Fridays at the Friendship Pool. For more information, call 298-4194.

Cactus Lanes has **Family Cosmic Night** every Wednesday from 5-8 p.m. Families bowl for \$1 per person and receive free shoe rental. For more information, call 298-5526.

Fate Bell Cave Dwelling tours are held 10 a.m. Wednesday-Sunday at the Seminole Canyon State Historical Park in Comstock, Texas. Fees are \$3 per adult and \$1 for children 6-12. For more information, call (915) 292-4464.

31
THUR

Club XL is having a **Cajun Buffet** 5-8 p.m. Thursday. Cost is \$7.95 with a Members First Discount. For more information, call 298-5374.

1
FRI

There will be an **en-listed promotion ceremony** 4 p.m. July 31 at Club Amistad. For more information, call 298-5068.

Events briefs

Cycling

The Air Force is offering an incentive cycling program.

Indoor and outdoor cyclists of all abilities may participate by recording their mileage to earn exclusive cycling accessories. All types of cycling are authorized for mileage including recreational outdoor, mountain biking, racing, stationary and recumbent cycling and spinning classes.

The program is open to all base personnel including active duty, family members, Department of Defense civilians and retirees.

For more information, call the XL Fitness Center at 298-5251 or Outdoor Recreation at 298-5830.

Boat rentals

All Laughlin personnel are eligible to receive 50 percent off all boat rentals on Sundays throughout the month of August at Southwinds Marina. Discount does not include the cost of gas and oil. Discounts on overnight rentals will continue.

For more information, call 775-7800.

Sports award

Earn the Presidential Sports Award by committing to fitness and participating in sports and fitness activities.

Everyone over 5 years old is eligible to participate in the program.

A list of sports and fitness activities is available at the XL Fitness Center.

For more information, call 298-5251.